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Power of Parents
A Child Safety & Awareness Program

NATIONAL CENTER FOR
MISSING & EXPLOITED CHILDREN®

A Guide for Child Safety Ages Seven-11

Each of the "teachable moments" below present an important safety situation or choice that could be faced by children ages seven to 11. Duracell and the National Center for Missing & Exploited Children (NCMEC) encourage you to use the guide below as a simple tool to help start a conversation with your children about safety – both in the real world and on the Internet. We hope that you will engage your children by asking questions and giving "real-life" examples that relate back to each of the "rules" below.

Internet Safety

I will keep my identity private.
Teachable Moment: *Visit www.NetSmartz.org and watch the real-life story "Tracking Teresa" with your children. Ask them to think of their own profiles as they watch.*

- Explain to your children that Teresa thought she was being careful but still gave out enough personal information that enabled someone to track her from a chat room to her doorstep.
- Help your children make a list of what information they should never post or tell anyone online. Remember that even the name of their school mascot or sports team could lead someone to their location.
- With your children, log on to any sites where they have a profile. Discuss the personal information posted and work together to remove any information that could put them at risk.

Conversation Starters
- What do you think of the "Tracking Teresa" video?
- Has anyone online ever asked you personal questions?
- What do you think people can do with your personal information?

I will respect other people's rights while online.
Teachable Moment: *Visit www.NetSmartz.org and watch the real-life story "You Can't Take it Back" with your children.*

- Teach children that their behavior online affects not just themselves, but others, too. They should always treat others the way they would like to be treated.
- Cyberbullying can be more hurtful than typical schoolyard bullying because it happens even when the child is at home. Children need to understand that the perceived anonymity of the Internet should not be used to say mean or hurtful things about someone else.
- Once information is posted online, it is impossible to take it back. Even if the posting is removed from the Internet, there can be lasting effects to the victim and the person who posted the hurtful comments.

Conversation Starters
- Do you know anyone who has ever bullied or been the victim of a bully online?
- What would you do if your friends were cyberbullying someone? How would you stop them?

"Real-Life" Scenarios
1. What would you do if someone you first met online and thought was "cool" asked you where you go to school?
- Explain to your children that even though it may seem like they know someone really well, if they met the person online they have no way of knowing this person's true identity.
- Children should never share personal information, such as their name or school, that could give away their location and identity.

A Guide to Child Safety Ages Seven-11

2. What would you do if you started to receive mean and harassing messages by text, e-mail or IM?

- Teach your children not to respond to rude or harassing e-mails, messages and postings. Children should save the evidence in case it is necessary to make a report at www.cybertipline.com and contact your Internet service or cell phone provider.

Real-World Safety

I will take someone with me wherever I go.

Teachable Moment: Have a safety discussion with your children when they ask you for permission to go somewhere.

- Before they go anywhere with anyone, they should check with you first and make sure you know the details of their whereabouts at all times.
- If you give your children permission to go out alone, discuss what they should do if someone approaches them and asks for help or says to come with them.
- Explain to children that there is safety in numbers. If they go anywhere, they should take a friend, sibling or an adult they trust with them.

Conversation Starters

- Do you think you look more vulnerable if you are in public alone or with an adult you trust, siblings or a group of friends?
- If you're ever home alone and need help, do you know to whom you can go?
- What should you do if someone asks you for help (to find a lost animal or for directions)?

I will tell an adult I trust if I feel scared, uncomfortable, or confused.

Teachable Moment: Have a safety discussion with your children while spending quality time as a family.

- Assure your children that you are available to talk about uncomfortable, scary or confusing situations that they may encounter, and help them identify other trusted adults they can go to with a problem.
- Explain to your children that if anyone ever tells them to keep a secret from you, not to listen. Explain that no matter what the situation may be, you are there to help, not punish them.
- Teach your children to trust their feelings and take immediate action to remove themselves from an uncomfortable situation.

Conversation Starters

How long would you wait to tell me if you had a problem, were worried about something or experienced an uncomfortable situation?

- Do you think talking with me or another adult you trust will help you find a solution to any problem you are having?
- What would you do if you went to a trusted adult and he or she didn't believe you or help you?

"Real-Life" Scenarios

1. What would you do if someone, an adult or another student, made inappropriate comments about your looks and said things that made you feel uncomfortable?

- It is important to emphasize that children should tell you or another trusted adult before the situation escalates.

2. What would you do if you're home alone after school and your friends come by to ask you to go play basketball at the park?

- Be firm in setting the rule that they need to check with you first before going anywhere, alone or with friends. If they are unable to contact you to ask for permission, they should not go.

Tip For Parents

Open the lines of communication with your children regarding their safety and help them feel comfortable enough to come to you – their trusted adult.

- This type of communication and guidance fosters positive relationships and confidence, and empowers teens to make more responsible choices about their personal safety.
- For more tips and videos about Internet and real-world safety, visit www.NetSmartz.org.